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## The Iowa Homemaker vol.2, no.10

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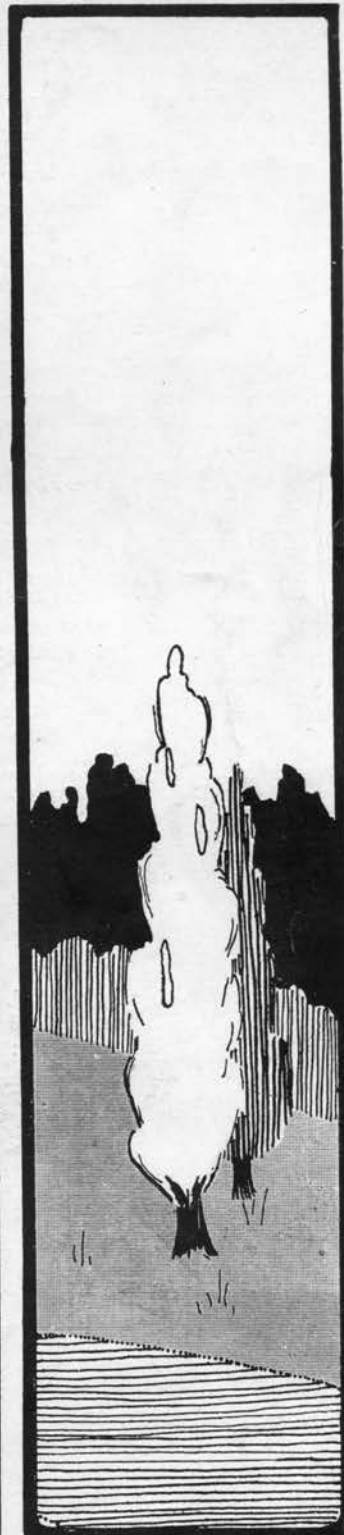
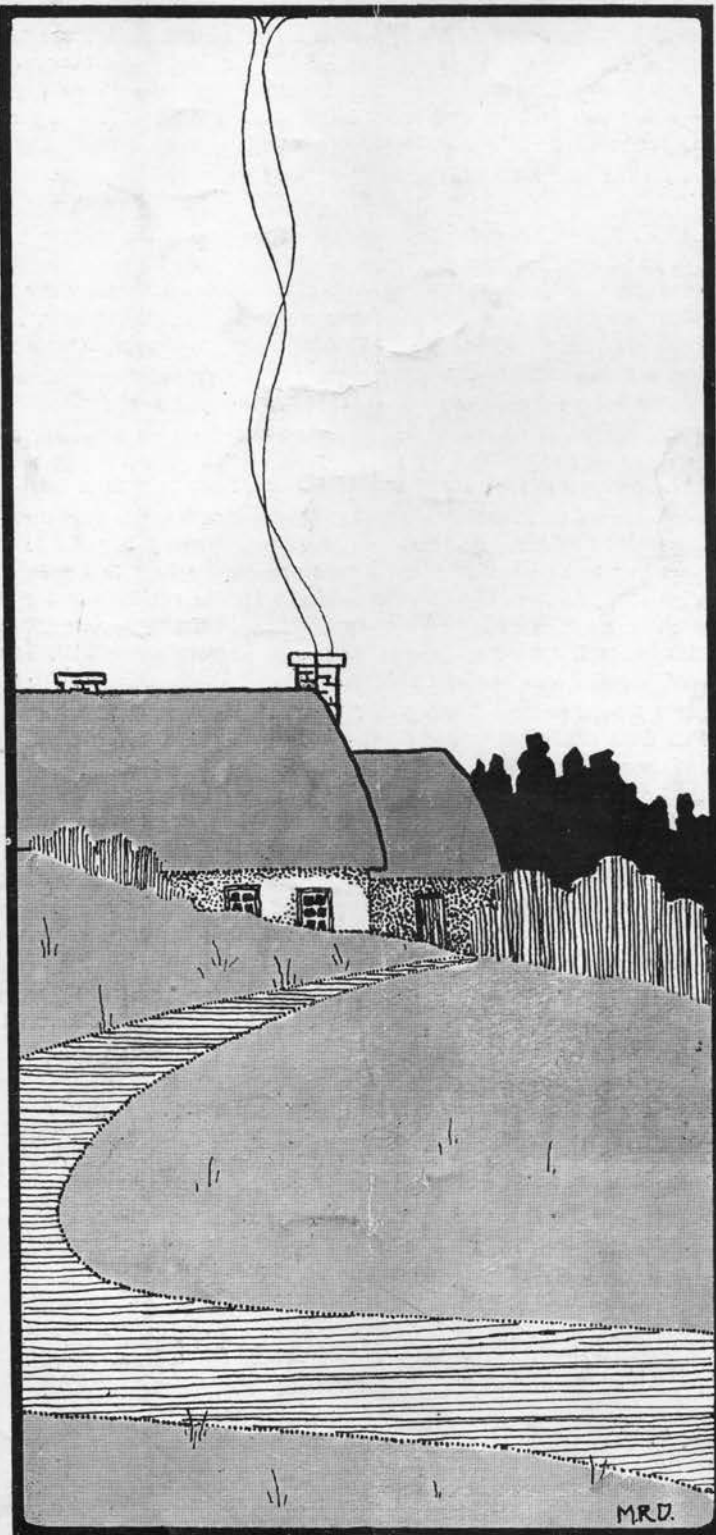
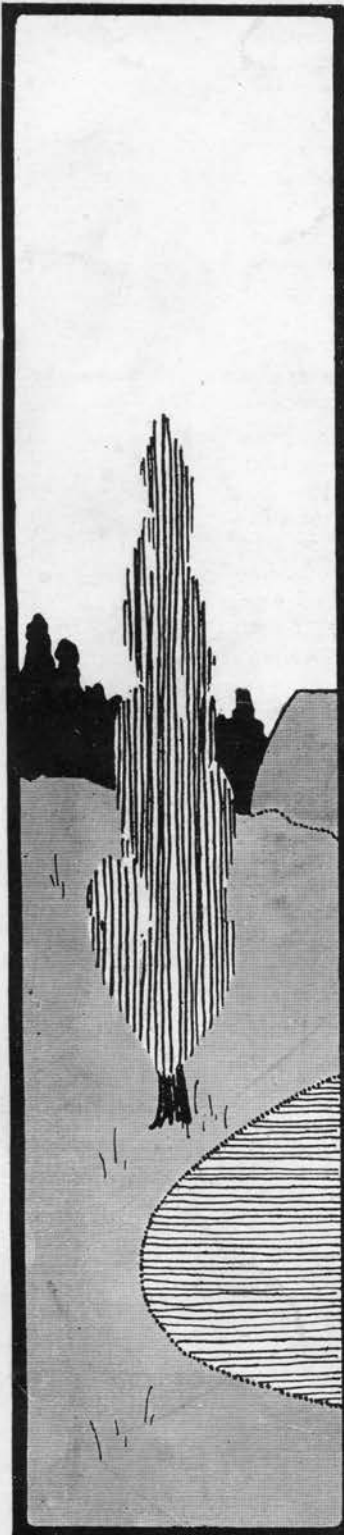
## The Iowa Homemaker vol.2, no.10

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# THE IOWA HOMEMAKER

## IOWA STATE COLLEGE



## Shall it be Resolution or Dissolution?

*The year 1922 dawned gloriously. The very atmosphere was stimulating, and in the crisp crystalline air, one saw the scroll of months quite clearly. The old puritan in one bestirred herself to plan for the cleansing and purifying of her personal aims and ambitions.*

*It was easy in the glow of New Year's resolves to look back on the busy days of December, 1921, and say, "I shall never again put off my Christmas plans for so long." It was easy to look back on November and wonder what one did with those long evenings. The memory of October was bright and clear, and instinctively one thought, "why did I waste any of those beautiful days indoors? Never again! I'm going to get out each morning while the sun is high and revel in October's colors. I'm going to let the sun shine into my soul and let color illumine the pages of my drab existence.*

*Were you feeling like that in January, 1922, and are you still feeling it in January, 1923?*

*Beautiful year before me, what do you hold? Your face is inscrutable, but your arms are filled with gifts, gifts to keep and gifts to give away. Although you do not speak, you seem to say that this year will be my best. You admit that among the gifts are sorrows and disappointments. You brought these last year, in full measure, yet it is hard even now to call them gifts. True it is that I have a deepened sympathy, a wider love.*

*What joys are you bringing, Beautiful One? New friendships? Renewals of the old ones? Loving letters from the understanding hearts far away?*

*You say you bring me twelve golden months of time; time to work, time to play, time that fools you and slips away. Oh, yes, I know I've had this gift before and I'm learning, slowly learning to treasure time. (I THINK I waste a little less each year.)*

*What is this, Beautiful Year, this gift that is green and seems to grow? It is a little tree and you have added new branches. Is it the tree of knowledge of good and evil? Must one live to be very, very old before one knows how to live? One accumulates knowledge of life's good things so easily she hardly realizes that she must constantly make choices. This little tree will remind me to KEEP growing. I must never be content with so small a store of knowledge, nor so narrow interests. Shall I talk less and read more? Shall I talk less and think more?*

*What is this fragile package, New Year? Memories you say? I have so many now, what shall I do with them? It is not what I'll do with them, but what they'll do with me? You want me to be more thoughtful of birthdays, less forgetful of anniversaries of joy and sorrow? January, February, March, yes, April, May and June—each has an anniversary. Some are sad and some gay, but each has sweet memories. A letter, a telegram, a box of candy, a gift will "keep my spirits broad awake".*

*Is that your secret, New Year? What is it that will keep us living up to our best? It is so easy now, with Christmas just behind us and 1923 just before us, to make solemn resolutions. Why do they dissolve into thin air? Shall we even remember them in August?*

*Beautiful Year, the longer I look at you, the more sure I am that George Eliot has expressed my one big resolution and that if I keep it before me, all others will be added unto me:*

*"May I reach  
That purest heaven—be to other souls  
The cup of strength in some great agony;  
Enkindle generous ardor, feed pure love;  
Beget the smiles that have no cruelty;  
Be the sweet presence of a good diffused,  
And in diffusion be ever more intense!  
So shall I join the choir invisible  
Whose music is the gladness of the world."*

*—Eda Lord Murphy*



# THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemaker's School"

VOLUME 2

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NUMBER 10

## Mirrors—Antique to Ultra Modern

By MILDRED BOYT

WHEN in New York one always spends considerable time wandering thru the shops and stores, making small purchases here and there, but principally feasting unaccustomed eyes to the splendor and magnitude of the lines of goods on display. In one of these huge stores is an entire floor given over to pictures. They are all there, the ones you know, and the ones you do not know. After walking on and on until you feel completely "fed up," as the saying goes, you see one more door, go in and presto—you are in fairyland! The walls are completely covered with mirrors, large and small, each reflecting and re-reflecting lights, and mirrors until you seem to be in an endless palace made of myriads of lights.

After the first impression wears off you wander from one to another trying to decide which is the loveliest, and wondering why you wasted time with the pictures. Of course you will never leave without taking at least one along, but to do this intelligently you must know something about mirrors, or I should say looking glasses, for authorities insist that the term mirror applies only to the small oval shaped frame with a convex glass. Altho we commonly apply the term mirror to the ornamental looking glasses and looking glass to those we have for common use.

The first looking glasses that were used were pools of still water in the woods, then polished steel and other such substances came in. In the fifteenth century the art of making looking glasses was discovered in Italy, and small hand glasses and wall mirrors without frames were made. Framed looking glasses were not developed until later in the century.

The French and Italians soon were making beautiful elaborate frames. The art was passed to England in 1670 when the Duke of Buckingham introduced Venetian glass makers and started a factory at Lambeth. These looking glasses were very plain, many of them not beautiful. They were strictly useful and not ornamentative, as the English during the seventeenth and eighteenth centuries did not favor them for decoration.

In 1888 the ancient Roman art of making plate glass was revived, and from that time on the use of looking glasses became more common and less expensive. Before this time they were considered as badges of wealth, luxuries few could afford. The earlier glasses were small, or some were large frames containing a combination of small panes of glass. It was at this time that the ancestors of our modern vanity cases came

into being for the ladies carried small looking glasses in fans, girdles, or in special frames, while the beaux of Queen Elizabeth's court wore mirror brooches, and carried snuff-boxes with mirror covers.

Different types of mirrors were developed as need demanded them. For instance, the horizontal mirror came in with side burns, and went out when turbans came in style. This may be exaggerated, but it is a good illustration of the way mirrors vary with the fashion.

The most characteristic feature of the older English glasses is a shallow hand ground beveling, about one inch wide around the edge. However it is not by the glass but by the frames that we tell the real antiques, for excepting the very first looking glasses have always had frames. Did you know that even tho the frame is an antique if new glass has been substituted the looking glass is not considered as a real antique and you should not pay as much for it?

Early frames were made of brass. In the time of James II silver frames were much in vogue. During the William and Mary period frames were of walnut, and Dutch marquetry. The most common materials for these frames were walnut, various soft woods gilded or silvered, gilded compo and after 1690 lacquered or Japanese trimmed wood. The most distinguishing features of the William and Mary and the Queen Anne periods are narrow frames curved at the top. French and Dutch designs prevailed until the more marked development of the early eighteenth century. These mirrors had narrow slightly rounded walnut frames that followed the contour of the glass. The Queen Anne frames were more beautiful and elaborate, they were flat and broad and were either solid or veneered walnut. They are very similar to a certain type of frames developed during the Georgian period, and are easily confused with these. The edges of the Queen Anne frames were cut into graceful curves with a broken arch at the top. Some had urns in these broken

arches that contained wired flowers. These were called Bilboas probably because it was the term first applied to mirrors brought back from foreign shores.

The ways of joining the small panes of glass together in the larger mirrors give some hint as to their age, for before 1750 the lower piece was beveled so as to overlap the upper one. After that mouldings were used to cover the joined places or the frame was made in two sections. In the earlier mirrors the glass was shaped in curves at the top but the later ones are square although the frame may be round.

From 1750 to 1780 was the Chippendale period. Gilt frames were very popular, and mirrors had from four to five panes of glass. A characteristic combination of details were the French rococo and chines. At first these details were flat, but were soon raised by means of paste, or carved into the wood. Many of the looking glasses were decorated with scrolls, shells, carvings resembling water falls, human figures or those of animals. Many had medallions at the top or bottom.

Beginning with 1786 we made mirrors in our own country and fortunate indeed is the housewife who boasts one of these real honest to goodness heirlooms. The constitution mirror had a flat frame of solid or veneered mahogany cut in curves at the bottom, decorated with gilded paste ornaments hung on wire at the sides, and with an eagle at the top. A little later the eagle was put in bas relief just above the glass, and the frames were plainer. Griandoles had circular convex glass and circular frames decorated by heavy candlesticks at the bottom, the inevitable eagle at the top, and the whole lavishly covered with gilt.

Other mantle glasses or chimney pieces have been popular since the seventeenth century. About 1760 oval and oblong shaped looking glasses were popular, but were later replaced by a large mirror made of three panes of glass divided by mouldings, the middle panes larger than the end panes. Some of these mirrors had frames made of small thin strips of salmon colored marble. In the nineteenth century the Empire style came into general use. These are often wrongly called colonial. They are decorated with pillars and altho rather garish have a certain classic beauty.

Those of us who are fortunate enough to have antiques should use great care in placing them where they look best. French and Italian mirrors are rather hard to adapt to the average home and only look well in French or Italian rooms. However the English mirrors are adapt-



able, and always look well. Period glasses are always decorative and add the last needed touch to a period room. When in doubt as to where a mirror should go, try it in various places until you have just the effect you want. Don't think just because a looking glass has always hung in one certain place that it gives the best effect there. The importance of the mirror in decoration is apt to be under estimated. The most attractive

house may be made still more attractive by plenty of well placed mirrors. They lighten a dark corner, and a spot that is hard to decorate may be made attractive by so placing a mirror that it reflects a charmingly decorated spot. Our grandparents were cleverer in the use of mirrors than are we, for they used them over fireplaces and between windows, always with the purpose of decorating the space they filled.

One way to avoid the high prices of beautiful mirrors is to obtain a slightly damaged wind shield glass from a garage, have it silvered and framed. This not only is advantageous as to price but the plate glass is of the best, and the frame is exactly what you want.

Don't let the dark nook go undecorated for lack of an oil painting or tapestry—but give the same effect with a mirrored reflection of an opposite bit of color.

## As We Buy Meat

By VIOLA M. BELL, Associate Professor of Home Economics

YES, I'll take a beef roast. Oh, three to four pounds will be ample," and with that, the housewife hangs up the receiver. The supply and good nature of her butcher determine whether or not, her family enjoy the said roast. "Is ignorance bliss," concerning meat cuts?

More puzzling than the work of an Elite pattern may be the recognition of various cuts of meat. It is no wonder, that frequently a harassed, hurried mother will leave the choice to the jolly, round, meat cutter.

From the carcasses, often hanging in the shop, a few moments information may be gleaned as the breakfast bacon is being wrapped. The round is one of the most commonly used cuts. It is from the middle of the carcass? Names may or may not be descriptive of the location, the bone, or shape of the cut. The reputation of a certain inn serving always a particular cut of beef, caused it to be called "Porter-house" steak. Sundry names often disguise "boneless" cuts. Identical cuts in the shoulder are known by various names in the different animals. Experienced buyers are sometimes at a loss, when in another section of the country. Locality, tradition and demand cause variation in the "fashion" of meat cutting.



Beef

Veal

- |               |  |
|---------------|--|
| Beef          |  |
| 1. Hind Shank |  |
| 2. Round      |  |
| 3. Rump       |  |
| 4. Loin       |  |
| 5. Flank      |  |
| 6. Plate      |  |
| 7. Ribs       |  |
| 8. Chuck      |  |
| 9. Neck       |  |
| 10. Foreshank |  |
| Veal          |  |
| 1. Hind Shank |  |
| 2. "Cutlets"  |  |
| 3. Rump       |  |
| 4. Loin       |  |
| 5. Breast     |  |
| 6. Breast     |  |
| 7. Ribs       |  |
| 8. Shoulder   |  |
| 9. Neck       |  |
| 10. Foreshank |  |

The above diagrams may explain in part, the relation of the wholesale cuts of beef, veal, lamb, and pork. In the last two, some of the cuts are retail cuts as well. Most carcasses are split in half down the back bone, unless in case of veal or lamb, where either the carcass is small, or fancy cuts are de-

sired. The average weights of one-half beef carcass is 450 lbs.; one-half veal 90 lbs.; one-half lamb carcass 30 lbs., and one-half pork carcass 100 lbs.

The leg of lamb and ham of pork are the hind shank, round and rump of beef and veal. The belly of pork—bacon when cured (the part for which the rest was made), is breast, or flank and plate of the others. The loin of pork is the combination, or flank and plate of the others. The loin of pork is the combination of the ribs and loin of the others. "Steaks" in beef, cut usually from round, loin and chuck, are in veal, lamb, and pork—"chops." Loin chops, the same price as rib chops, have the tenderloin muscle and much less bone.

The tenderloin muscle runs through the loin, underneath the back bone. When removed and sold separately it brings a higher price, but the choice part of a porterhouse steak or loin chop is lost. "Tenderloins" often are from inferior animals, where the whole carcass could not be sold over the block. Home butchers are fast realizing the value of leaving the tenderloin muscle intact.

Rib roast bought with the "rib in" insure ease of carving, and less plate muscle left on. Only the conscience of the butcher prevents him from leaving four to six inches of the plate muscle when a "rolled rib roast" is ordered. Why not sell a half pound or so of tough meat at the price of tender meat? In pork, however this is the coveted bacon.

Careful examination of a cut, to identify the bone, the characteristic muscle and "grain" of the meat is invaluable. The "T" shaped back bone and the tenderloin muscle differentiate a porterhouse steak from a chuck steak; a loin chop from a shoulder chop. The three large muscles of the round cuts contrast with the different shaped muscle and the small round muscle of the shoulder.

A brief table may be worked out for the selection of meat.

Carcass	Lean	Fat	Bone
Beef	Bright red	Creamy color	Hard
Veal	Pink	If any, white	Bloody
Mutton	Dull red	Hard, white	White
Lamb	Dark pink	Hard, white	Bloody
Pork	Pale pink	Soft, white	Bloody

Meat in good condition has little or no odor, and is firm, if gently pressed by the finger. The highest quality of fat is around the kidneys; kidney suet for puddings; kidney fat or "leaf fat" fat for lard.

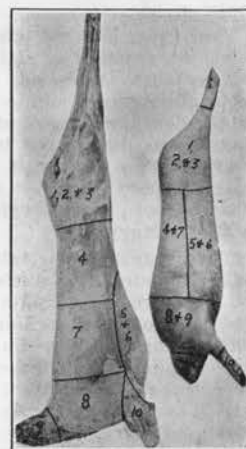
Some general comparisons of lean, fat

and bone, using beef as the example, are interesting. Round and chuck are the leanest cuts of the carcass. Loin and rib cuts are intermediate. The flank is low in lean, having two-thirds fat and no bone, while the foreshank is high in percentage of bone. The rump is made up of about one-half lean and one-third visible fat. Loin and ribs make up only one-fourth of the weight, but represent one-fourth of the retail cost.

To speak of the retail price of the particular cut, it must be remembered that tenderness, grain, color, general appearance and convenience of cooking are important items. The demand for certain cuts may mean, that other cuts of the carcass have a lower price.

Recent experiments have taught us of the vitamin content of the brains, liver and heart. The head, tongue, kidneys, and tail may be made into palatable dishes. A popular European food is made from the lining of the third beef stomach, "honey-comb," tripe. The diaphragm of the beef, a long narrow dark muscle, is well known as "butcher's or "skirt" steak. Where attached to the back bone it is falsely called "hanging tenderloin,"

- |              |  |
|--------------|--|
| Lamb         |  |
| 1. Leg       |  |
| 2. Leg       |  |
| 3. Leg       |  |
| 4. Loin      |  |
| 5. Breast    |  |
| 6. Breast    |  |
| 7. Ribs      |  |
| 8. Shoulder  |  |
| 9. Neck      |  |
| 10. Shank    |  |
| Pork         |  |
| 1. Ham       |  |
| 2. Ham       |  |
| 3. Ham       |  |
| 4. Loin      |  |
| 5. Breast    |  |
| 6. Breast    |  |
| 7. Loin      |  |
| 8. Shoulder  |  |
| 9. Shoulder  |  |
| 10. Shoulder |  |
| 11. Head     |  |



Lamb

Pork

the last word being quite misleading. Throat "sweet breads," glands regulating growth; present in veal, lamb and young pork are great delicacies.

An intelligent buyer of meats, as an intelligent buyer of clothing, receives a great deal of consideration. A butcher is always glad to inform one, and takes pride, that into the market comes some one, who knows.



# A Trip Through Healthland

By ETHEL HUEBNER

**H**EALTH habits are the most vital problems a mother has to confront. No mother can be too busy with outside duties to neglect the every-day health habits of her little ones.

The wise mother cringes at the thought of "musts" and "don'ts" and endeavors to originate a better method by which she can teach her children personal health habits. Since the instincts of children are never to be crushed it is the duty of every mother to provide expression for these instincts and in every manner to guide them. From this standpoint why not work out a scheme for the cultivation of health habits for the little ones which involves the natural instincts and results in "wills" and "want to's"?

Why not put the acquiring of health habits of youngsters in the form of a game, calling it a journey to "Healthland?" If this is carefully carried out the children, finding expression for their instincts, will take intense interest in the game and the whole health problem will become a very much easier task for the mother as well as the lively youngsters.

Let us start the eventful journey to the happy "Healthland," with mother as our faithful engineer, father as our dependable conductor and little Mary and John (five or seven years) as the precious passengers. Their tickets are a quart of milk apiece each day for mother realizes that this amount is required for her children's proper growth and vitality.

Each day as they pass through the stations they tarry at "Toothbrush Junction" in the morning and evening especially. Here they open their kits and brush their teeth for if they are to reach Healthland their teeth must be in good condition. With the beauty and joy of "Healthland" explained by mother the children want to brush their teeth and a habit is soon formed.

The games of "Healthland" are like bright stars in the heavens and each day they are anticipated. Out under the bright stars mother explains the beauty and purity of the heavenly milky way. But the children too, have an imaginary milky way on their journey so they are eager to eat the cream and milk on cereals and puddings. If mother explains how coffee and tea and spices would darken their milky way, a good habit in nutrition is formed by substituting milk and water and plenty of it. At least six glasses of water a day besides the milk is mother's aim. Is it not surprising that the children take interest in the things which they can understand and share in the doing.

"Tidytown" is a station where the little folks must stop before each meal and mother tells them that here they can clean up during the journey so that they can enjoy all the places in "Healthland." Face and hands are washed and nails cleaned so that they will be ready to visit the many wonders of their journey.

Fairy tales have told of forests and the children have imagined such places. As they journey to "Healthland" they can have their imaginary forest—say "Vitamin Forest." It is here that mother brings in the enjoyment of oranges and

other fruits and vegetables. There is no reason why the youngsters cannot be taught to eat these necessary vitamin foods. Mother tells them of this green forest, of the green foliage that has carefully protected the fruits and vegetables, and how in turn the oranges, carrots, tomatoes, etc., will protect their bodies so that they will be strong and happy in "Healthland." This habit of eating the growth promoting foods is one which should not be left for the child to cultivate later. Nor is the proper chewing of foods neglected, for mother watches carefully that the food is not washed down with water or milk. Tactful mother arouses imitation, love of approbation, and interest and thus good eating habits are cultivated. To eat candy, cakes and pastry between meals is harmful to the bodies of the children. Mother teaches them this, and after visiting "Vitamin Forest" mother tries to have pure wholesome candies on hand so that her little ones can enjoy the proper visit to "Sweet grove." In this way it is easier to guard against the eating of wholesome candy and other foods between meals.

It is by appealing to the instincts of play, wonder, curiosity, and imitation that the nutrition habits—the most important of health habits are put into effect.

During the journey mother sets a certain time for play and guides the play as much as possible. This is the time when the children visit "Play Hill" and are taught fairness, generosity and good sportsmanship. Part of every day is

played out of doors where there is room for action and benefits from the air and sun are obtained. In damp or rainy weather mother teaches them to wear their rubbers which are little boats to keep them safe and dry. Many a creek and flooded street are crossed when they journey in their life-saving equipment.

"Soldier Review" is never neglected as the children travel on to "Healthland." With mother as the captain, posture is given correct attention. Children love to play soldier and mother teaches them to sit correctly, stand and walk correctly so that they can breathe deeply, and be her strong little soldiers on home guard. How they thoroughly enjoy soldier and their soldier parades!

Each day as the journey progresses mother guides her babes through "Happyland." Here there are fountains of good nature and statues of peace about which they are told. If anything goes wrong mother reminds them to look around to find a fountain or statue for her. This can be so cultivated that the youngsters soon remind each other of the "Happyland." Mother's love desires that her children be content and happy, and that nothing shall hinder their health as they rapidly progress toward the famous land.

Some children dislike to take baths but if mother tells them of the pleasantness and fun of "Bathtubville," they are easily induced to stop there on this journey. This stop is made two or three times a week and most often just before entering "Slumberland." The waves and waterfalls are on the scenic route through this "splashing" station and are thoroughly enjoyed as well as looked forward to.

"Slumberland"—'tis a noted place for plenty of time to rest, plenty of fresh, cool air, a clean, snug bed and splendid opportunity for growth. "Play Hill" tires the little ones and after a story or so mother has little trouble in starting them off to "Slumberland" quite early. It is surprising, how soon after a little practice, it becomes second nature for the children to want to have windows open and an early visit to this quiet, peaceful land of dreams.

Yes, the important stop at "Stooltown" is made every day. This is easily made a habit and relieves mother of the worries of constipation. It is the all important and necessary preparation for "Healthland" and "Play Hill." Mother makes plain emphasis that "Stooltown" is a resting place each day of the journey. Soon the little bodies become regulated to their health schedule which mother plans and guides with her intense love.

By emphasizing important, daily health habits in the form of such a game it is only a question of a short time before the desired impressions are made upon children. Rewards or surprises worked into the game help to mount the hills and smooth out difficulties in the eventful journey. Mother's love naturally has a way for everything and at all times is the most precious guide to the habit formation of her children. As they grow and develop mother can vary and add to the Health game as individuals and necessity demand.



"No mother should be too busy to neglect the everyday health habits of her little ones."

# Providing Worthy Use of Leisure Time for the High School Student

As Worked Out by a Committee on Vocational Education

WITH the rapidly spreading realization that the old formal discipline method of teaching will no longer hold children of high school age, educators have been striving for a workable solution of the problem and their efforts have resulted in the "New Aims of Education," the physical, vocational, social-civic and avocational.

While the High School Club program includes all four aims it emphasizes most the social-civic and avocational aims. School boards and superintendents are caring for the reorganization of the curriculum, but to the individual teacher falls the responsibility of helping fill the spare time of the pupil.

The club work has a double purpose—that of keeping the student busy and therefore away from evil, and that of advancing him in social, civic and intellectual and professional ways.

Since the club as a whole is a Better Citizenship Club, it will give them the training necessary for good citizenship, will develop the social instincts and will result in a more rounded and complete education.

The divisions of the Club will care for the development of the individual along whatever line he chooses—it not only helps him train his abilities but serves as a guide in his choice of vocation or avocation.

The work of the club will in general follow the problem method and will develop socialized recitation.

Where localities and individuals will alter the details of a club organization, the program that we have worked out is only a skeleton, subject, to alterations and revisions to fit the need of the organization.

All details are of course important, but the big idea, the foundation of all high school club work is to socialize the high school training, and to supply a profitable expenditure of leisure time. These

two aims, properly carried out, could not do otherwise than make better citizens.

## Citizenship Club

The citizenship club is composed of all the pupils in the high school. The purpose of it is to establish a living consciousness in the pupils of the common purposes of inter-dependence of their community life, national as well as local. to cultivate a spirit and habit of mutual service and team work for the common good and to develop an immediate attitude toward government, local and national, resulting from the service organization, and means of securing team work.

Citizenship is taught as a regular high school subject, and other activities, such as mentioned in the general program, contribute greatly to the making of citizens. This club, in addition, by bringing the whole student body together, in discussing social, political and industrial problems, develops a deeper spirit of democracy.

Good citizenship results from a combination of three factors, altruistic emotions, correct ideas and desirable habits of response or in other words, the feeling, intellect and will. The adolescent period is essentially a period of emotional development. Impressions received at this time become permanent, so advantage can be taken of these facts in developing citizenship.

The following activities make up the program for a Citizenship Club:

School assembly meetings where stimulating talks, inspiring readings and stirring music are given. Perhaps no art has so refining an influence on the emotions as has music.

Representation of the serious social conditions and social needs thru dramatics, slides or moving pictures followed by the study of their causes, preventions and remedies.

Visits by pupils under supervision of teachers to localities, institutions and agencies that reveal in concrete forms conditions and practices that challenge the interests and attention of all good citizens.

Discussion of current news from newspapers and magazines.

## Community Work

Civic service projects or activities as "clean town" campaign, "tree planting" etc.

Dramatic projects including commemoration festivals and pageants.

## Information and Application of:

1. **Civic habits**—as orderliness and cleanliness in public places, individual responsibility for public property, relation to different races and nationalities in a community, as fellow citizens.

2. **Civic knowledge**—as to various industries of the neighborhood, essentials of local government as it affects daily life activities carried on in public buildings, that are essential to the execution of pupil's function as citizen (Fire and police dept., etc.)

3. **Civic service**—to be effective in the construction and corrective duties of a citizen (condition of streets, tenement houses), to learn how to apply public agencies for constructive and remedial service, to cultivate a willingness to assist in emergencies requiring governmental action, to check disease due to social causes, to cultivate a willingness to conform to the will of a majority as it is expressed in laws, (school laws, child labor laws, etc.)

4. **Use of civic agencies**—to know how to utilize services of public departments, as playgrounds, library, also of semi-public agencies, as museums, telephone, telegraph, to learn to use important publications of various government

(Continued on page 12)

Points	1.	2.	3.	4.	5.	6.
Advisory Board or Gov. Body	Member of Judiciary Committee	Class Representative	Vice-Pres. Sec. Treas.	Point Supervisor		President
Clubs	Members	Member of Major Committee	Vice-Pres. Sec. Treas.	President		
Debate Team		Man of Team	Member of Team			
High School Plays	Bus. Mang. Costume	Minor Part	Lead in Play			
High School Paper		Member of Staff		Bus. Mang.	Editor	
Athletic Teams Boys and Girls	Reserve	Mang. of Teams	Varsity		Captain	
Class		Member of Major Committee		Vice-Pres. Sec.	President	



# Informality Predominates the Sunday Night Lunch

By ELEANOR MURRAY

THERE are people who just naturally are not domestic. Those moments when an overwhelming feeling of domesticity sweeps over them are very, very rare. But if on these rare occasions they create a certain pink roses—silver teapot—mahogany gatelegged table atmosphere for themselves and indulge in some rather prosaic dreams, albeit quite fascinating after a fashion, there will descend such a calm domestic feeling that a cat curled up and purring on a silk rag braided cushion in front of the fire will be apparent and seem almost visible.

And now, surrounded by such an atmosphere, consider the living room of a squat dutch colonial house lighted only by a soft ruddy fire and lovely candles in brass candlesticks. In front of the fire is the dream gatelegged table; the old andirons, the braided rugs, the copper teakettle are there and some queer "haunting blue" teacups ready for tea. It is Sunday evening and "my guests" lift the shiny brass knocker once and then informally open the door—

And suddenly, the dream fragments are scattered, leaving only the word informally. Sunday evening tea and informality—they are connected, for informality is the keynote to the success of such a lunch, whether it be served in the dream house or a real house or apartment.

This can be a time of real, lazy enjoyment; then it is that no one must rush off for anything and for once one takes one's time, relaxes and begins to decide that life is not so bad as it seemed Saturday noon.

This delightful meal must not be spoiled by serving at the table—always sit around the fire on cushions or if you "just can't sit that way" use a chair, but draw it up close to the fire. Perhaps you haven't a fireplace, then there are amazing possibilities in a rose shaded lamp. Try eating around it and see.

The kind and amounts of food are not so important as the appearance. If hot dishes are to be prepared both guests and hostess will delight in using a chafing dish or grill or toaster right in front of the fire.

Perhaps best are waffles, baked on the cunning round electric and served piping hot with butter and maple syrup. Nothing else is necessary but coffee.

Cheese and eggs are particularly fitted for grill cookery. Welsh "rabbit" on toast or toasted crackers or omelets served with orange marmalade and bread and butter sandwiches and tea. Rinktum Tiddy is prepared by heating one pint of canned tomatoes and adding one teaspoonful of salt, one teaspoonful of sugar, one-fourth teaspoonful of pepper, a dash of cayenne, and a tablespoonful of chopped onion. When very hot, melt in one half pound of cheese cut in small bits, adding slowly and stirring constantly. When creamy add a teaspoonful of butter and a beaten egg. When served on hot buttered toast or toasted crackers with tea it is delicious. Improve the tea by adding a fruit tablet of any desired flavor to each cup.

For uncooked food, salads and sandwiches are best. Sometimes the salad may be made the day before. Of such are:

## Cranberry Salad

1 quart cranberries  
2 cups boiling water  
2 cups sugar  
2½ tablespoons granulated gelatine  
1-3 cup cold water  
1-3cup chopped walnut meats  
Lettuce  
Mayonnaise or boiled dressing  
1 cup diced celery.

Cook the berries and water twenty minutes. Rub through a sieve, stir in sugar and cook five minutes. Add the gelatine dissolved in the cold water for five minutes. Just before it begins to set, pour half into a mold rinsed in cold water. Allow it to set, keeping the remainder warm. Over the first half sprinkle celery and nut meats. Pour the remainder of the gelatin over and allow to set. Cut into slices and serve on leaves of lettuce with a garnish of dressing and a few extra nut meats.

Ginger ale salad may also be prepared the day before:

3-4 cup diced pineapple  
3-4 cup chopped grapefruit pulp  
1-3 cup blanched shredded almonds  
1-4 cup seeded malaga grapes  
1 cup ginger ale  
2 tablespoons granulated gelatin  
1-2 cup warm water  
Few grains of salt  
Few grains of paprika  
Mayonnaise  
Lettuce.

Soak the gelatin five minutes in the warm water and dissolve over hot water. Add 1-4 cup of ginger ale. Combine the diced pineapple, grapefruit pulp, grapes, almonds, salt, paprika and then the remaining 3-4 cup ginger ale. Add the gelatin mixture, stir thoroughly and pour into individual molds which have been dipped in cold water. Chill thoroughly, unmold and serve on lettuce leaves garnished with mayonnaise.

A delicious dressing for this salad is made by cooking the yolks of four eggs, one cup of sugar and the juice of two lemons together and combining with an equal amount of whipped cream just before serving.

Frozen Fruit Mayonnaise is delightful:  
3 cups whipped cream  
2 1-2 cups mixed fruit as maraschino

cherries, candied pineapple, oranges, sliced peaches, stoned cherries, etc.

1 cup mayonnaise  
1 tsp. powdered sugar  
1 tsp. granulated gelatin  
2 tbsp. cold water  
Lettuce hearts and parsley.

Cover the gelatin with cold water and melt over steam. Beat into the mayonnaise. Combine with the whipped cream and powdered sugar. Stir in the fruit and pour into a mold rinsed in cold water. Seal carefully and bury in equal parts of ice and salt for four hours. Serve garnished with lettuce hearts and parsley.

Then there are the quick salads; orange or grapefruit with dates and nuts—the dates may be stuffed with pimento cheese; apple, banana, raisins, nuts, grapes and marshmallows; chicken or tuna fish; even potato, all served either with boiled dressing or oil mayonnaise, prepared by heating an egg and adding to it the juice of one lemon, salt and paprika and a small amount of sugar if desired. To this the oil is added very slowly, beating all the time that a good emulsion be formed. A fruit juice dressing may be served on fruit salads. It is made by beating two egg yolks, adding two tablespoons flour, one-fourth cup sugar, one-half teaspoon salt and one-fourth cup each of pineapple juice, orange juice, cherry or any other kind of juice, and lemon juice. Cook in a double boiler until thick and creamy and before serving add a cup of whipped cream.

With salad, dainty sandwiches—lettuce, olive, nut, date or orange marmalade—tea or chocolate and some little frosted cakes or fruit cake or chocolate cookies are sufficient.

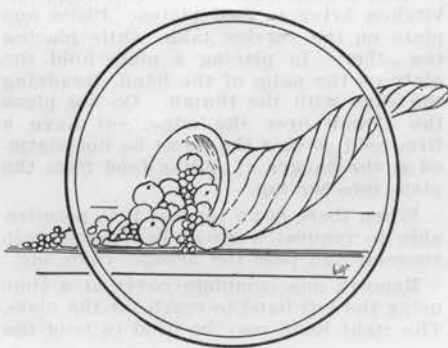
Heated and buttered cinnamon twist-ers or cocoanut rolls, or cinnamon toast served with coffee, tea or chocolate and perhaps fruit and nuts passed later are sufficient in themselves.

Denver or Club sandwiches and coffee make a good meal with nothing further necessary. Denver sandwiches are made by grinding up cooked ham and cooking with eggs into a sort of omelet. Toast bread on one side and place the omelet between two slices on the untoasted side. On top shred lettuce and add dressing if desired.

Club sandwiches are made from toasted bread, bacon, lettuce, sliced tomatoes or olives. On the first slice of toast put bacon, cover with a slice of toast containing sliced tomatoes on top of which is toast with lettuce and salad dressing or olives and dressing with a few nuts sprinkled on. Top the whole with a slice of buttered toast.

Egg-olive sandwiches are made by cooking chopped, stuffed olives with eggs in an omelet form. The most satisfactory results are obtained if each sandwich is prepared individually. Cook one egg and a tablespoonful of chopped olive in butter and place between buttered slices of bread.

But—after all, regardless of the food and service, it is the atmosphere that counts. A cheerful atmosphere, a friendly atmosphere and a hospitable one.



# Simple Service for Home Meals

As Approved by the Home Economics Division of Iowa State

## The Table

For breakfast, supper or luncheon a small cloth or doilies may be used. This is a great saving of linen and of laundry. For dinner, a beautifully laundered table cloth is used over a pad of felt or cotton flannel. It is well to tie the pad in place to prevent slipping. The table cloth, whether of linen or cotton must be spotless. The cloth should fall 10 to 12 inches below the edge of the table. It should be placed with the fold exactly in the center of the table with opposite edges of the cloth at a uniform distance from the floor.

A bouquet of flowers or a growing plant are a necessary addition to every meal. A little thought and care makes this always possible. This bouquet must be low so that it does not prevent guests from seeing each other. Do not use highly scented flowers. The flowers must harmonize with the color scheme of the food.

## Setting the Table

The plate, napkin, glass, and cutlery set in place for each individual at the beginning of a meal are designed "the cover." Each cover requires from 20 to 24 inches of length and 15 inches for depth.

Chairs are arranged at each place when the meal is announced. The edge of the seat just even with the edge of the table, so that one may be seated without moving the chair.

The knife is placed at the right with cutting edge toward the plate.

The forks are at the left, tines turned up. The exception is the oyster fork which is placed at the extreme right.

The spoons are placed at the right of the knife. Silver must not touch, neither must it be too far apart.

The sequence for all spoons and forks is from the outside in toward the plate in the order in which they are used.

The water glass is set at the tip of the knife. Goblets are used for more formal occasions.

The bread and butter plate is set at the top of the fork. The butter spreader is placed on the butter plate parallel to the edge of the table, handle toward the right or the spreader may be placed parallel to the forks.

The napkin is placed at the left of the forks with the hem and selvedge parallel to the edge of the table and the forks.

All silver, linen and dishes are placed one inch from edge of table.

In all table appointments the lines should be paralleled with the edges of the table, never on the diagonal. This rule applies especially to the placing of salts, peppers, sugar and creamer, jelly, pickles, bread, etc. The covers should be directly opposite if possible. All articles should be conveniently and symmetrically arranged. The table should be studied as a whole to see that it is well balanced.

The hostess sits nearest the kitchen if she must wait on the table, otherwise her place is facing the kitchen, the host sits opposite the hostess.

Everything pertaining to one course must be placed before the course is served. Serving silver is brought from the serving table. The carving knife is placed at the right of the host, the fork is placed at the left. Serving spoons are placed at the right.

In placing jelly, pickles and other food that is to be passed, they should be so located that some one can reach them without difficulty. Place the serving silver beside the dish containing the food.

If open salt and pepper are used they are placed at each cover or between two covers. Small glass or silver spoons are placed beside these.

## Rules for Serving

All table service should be done quietly and without any appearance of haste.

To fill glass do not lift the glass from the table. If the covers are crowded the glass may be drawn to the edge of the table to fill. Take hold of glass well down toward the bottom. Use a napkin to catch the drip. This applies to the refilling of all cups and glasses.

Butter, jelly, pickles, relishes, etc., can be on the table when the guests are seated.

Hot food must be served in hot dishes. Cold food on cold dishes.

A folded napkin or small tray may be used in serving dishes containing food. A tray may be used when bringing silver and accessories to the table or when passing articles such as sugar and cream.

Place, pass and remove all dishes from the left of the person, using the left hand. The only time a waitress goes to the right is in placing, replenishing or removing a beverage.

Place all side dishes at the left as near the plate as possible without crowding.

The host serves the meat, potatoes, vegetables and may also serve the dessert. The hostess may serve the soup, vegetables, salad, dessert, and beverage. Serve the hostess first, then the next person to her right and so on around the table. If the host serves the plates, he asks the one at his right to pass the first plate to the hostess, the second to Mrs. Blank, etc., so that no confusion arises. Some people prefer to serve the guest first.

In passing food, hold dish low and have the serving silver in place. Always pass the most important accompaniment to a course first, and the others in the order of their importance. In serving from the kitchen bring in two plates. Place one plate on the service table while placing the other. In placing a plate hold the plate on the palm of the hand, steadying the edge with the thumb. Do not place the thumb over the edge, yet have a firm hold so that the guest be not alarmed at the danger of sliding food from the plate into the lap.

When there is no servant it is permissible to request a guest to "please help yourself and pass the bread," cake, etc.

Remove one complete cover at a time using the left hand to reach for the plate. The right hand may be used to hold the

plate while one reaches for the side dish with the left hand. Do not stack the dishes in front of the guest. Stand sideways in reaching for plates lest one may crowd the guests. Never reach in front of a guest.

Use the serving table to place dishes from one cover while another is cleared, then remove dishes from both covers to the kitchen.

In removal of dishes, take away all food first, then soiled dishes, glasses, silver and cutlery, then clean dishes, glasses, silver and cutlery. Remove all unused silver belonging to the course. Remove everything pertaining to one course before serving the next course.

## Lest We Forget

Stand behind the chair until the hostess is seated. Sit down from left side of chair. Sit upright but naturally. Do not lounge or lean on the table. The hostess unfolds her napkin first, takes up the silver to be used and in all cases gives the signal for beginning to eat. The napkin is placed on the lap not entirely spread out. Make no display in so doing.

Never leave the spoon standing in a cup or in a sherbet glass. In eating bread a fairly small piece is broken off and is buttered while resting on the bread and butter plate. Do not rest the slice on the hand or on the tablecloth. Never spread a whole slice at one time nor take a bite from the whole slice.

Do not gesticulate with the knife or fork.

In cutting food hold the knife in right hand and the fork in the left, tines down, grasping the handle firmly and naturally.

In raising food to mouth use fork in right hand, the tines up. Use a fork for all food if possible, but creamed vegetables and water ices may be eaten with a spoon. In using a spoon dip away from oneself. Take from the side of the spoon. Do not sip beverage from the spoon, but drink from the cup. Do not blow on food to cool.

The mouth should be closed while it contains food. It should not be too full since it is often necessary to reply to some questions.

Do not eat too fast.

Keep the lips closed while chewing food.

Keep the hands quietly in the lap while not busy with the food. Do not handle cutlery or mark the tablecloth.

In using a handkerchief always do so sparingly and unobtrusively. Better retire than be obnoxious.

Never hold food on the fork while you are talking ready, as soon as you reach a pause, to put into your mouth. Having once picked it up, eat it promptly.

A bit of bread, but nothing else may be used to help food upon the fork. Never scrape the plate to get the last drop as if not fully satisfied with your portion. Use a spoon to convey a prune, peach or cherry stone to the plate.

The conversation should be cheerful. Never argue nor monopolize the conversation.

(Continued on page 15)



# Planning The Home Grounds

By JUANITA BEARD

"I NEVER had any desire so strong and so like to covetousness, as that one which I have had always, that I might be master of a small house and a large garden." This thought might express the sentiment of many of us today, and the fulfillment of this desire is within reach of us all.

With the growth of democracy, people in America have come to view fences, hedges, and all similar means of enclosure as undemocratic. As a result, too many homes have barren lawns, no privacy in the out-of-doors, and uninteresting architecture.

Rather, should we seek to plan our homes in correct relationship to the out-of-doors, and to make the out-of-doors livable.

Naturally, the parts of the grounds that are close to and appear almost a part of the house, repeating and carrying out its lines, require a formal treatment. In the design of the house, the first essential of good planning is to have it in perfect harmony with its surroundings. We should plan for the connection of the various rooms of the house with the grounds. The entrance for the family should be a part of the entrance walk, the service should connect with the service portion of the house and the more private rooms should be connected in a most intimate way with the private portion of the grounds, such as terraces and lawns. This last part should be a sanctuary for the social life of the family and their guests. The whole garden composition is the room. The plants and architectural features are the furnishings, and the walks and open spaces, the



floors and rugs. Distant views are as fine paintings. If these do not exist we must provide interest in the garden itself in the form of some terminal motif.

In design, the first principles are utility, simplicity and beauty. In my garden there will arise questions to which answers must be found. What is to be the shape of the ground plan, rectangular, circular or oval? What walks are necessary? What circulation must be provided for? What proportions of length and width are best? The fundamental thing will be, first, the division of the space into areas and, second, the arrangement of the things within these areas so as to give the right emphasis. The final success or failure of the garden will depend upon whether we have emphasized the right features. There is no garden problem so common-place, none so prosaic, that the final garden cannot be made more livable or interesting when the designer really studies the problem.

The location of the house is of great importance, for when the house is located the various areas about the house

are automatically determined. A common mistake is the placing of the house in the center of the lot, and thus dividing the grounds into too many unrelated areas. A better arrangement would be to locate the house near the front boundary line to allow for a garden in the rear, or near a side boundary line to make room for a garden at the side. In order to feel that the garden is an outdoor living room, the ground level should be close to the first floor level. In the case of houses with high foundations, terraces built about the living portion of the house bring the house into more intimate relationship with the grounds.

Walks and drives are important factors in the division of lawn spaces. The driveway and walk should enter the property at right angles to the street, except where the greater part of traffic goes in one direction in which case the entrance to the drive can favor that direction. If the lot is a corner one, the driveway or walk should not enter at the corner. If it is necessary to locate the walk or driveway close to the corner, the entrance should be at least several feet away from the junction of the property line. The walks and drives should be as direct as possible; they should never follow a curve which would seem to carry one away from the place desired. For small places, straight drives are most desirable, and can be placed close to the side of the property so as to avoid interference with any other space which might be desired for the public lawn areas. When a curve is desirable, it should be staked out and sighted until a pleasing effect is assured. Then, where

(Continued on page 14)

## A Pillow for Every Need

By ESTHER ELLEN RAYBURN

THE world would not be livable without homes. It doesn't matter particularly whether the home is large or small just so it is a home. And as the world would not be complete without homes, neither would a home be complete without pillows. All houses which make at least a pretense of keeping a homey atmosphere should contain many pillows. It's a case of, "Here a pillow, there a pillow everywhere a pillow, and not a pillow too many."

The shape does not so much matter although the odd little shapes are most attractive. Let it be round, square or oblong, yea even triangular, that's as you like, for the covering determines whether or not the pillow is to be original and comfortable.

Square pillows have been in use since the time of Peter the Great, so it is natural to cover them first. Perhaps sateen, cretonne and tapestry are most suitable for this style. Plain colored sateen lends itself readily for applique, and indeed the sateen applique pillow is a very durable one for use in the children's rooms. Cretonne and tapestries quite naturally

fit into the Sun Porch. Because of the decorativeness of the materials it requires less time to make them. This appeals to the busy lady of the house.

There is one place about the house that cries for a triangular pillow and that is the comfy davenport. Because the davenport itself is so very comfortable a stiff brocaded, tasseled pillow is quite in order. Let the color blend in with the drapes and you can be sure you've produced the right effect.

Most loved of all are the round and oblong members of the pillow family. They can be made of soft materials and very downy feathers, because they are to be placed on the bench in the chimney corner, in the chairs and in all the other places where the family delights in curling up when there isn't company. Strive to give to the pillow a fat fluffy look, and soft silks and velours help to give this.

Pillow accessories are various. There are tassels, fringe, applique fruit, flowers and buds, embroidery designs, corded effects, covered buttons and even ribbons. If you have not seen a triangular pillow

with a tassel on each corner, a round silk pillow decorated with stuffed flowers, an applique square pillow or a bolster corded pillow you have much to look forward to.

One of the newest materials used for pillow covering is corduroy and it makes up really beautifully. Gingham in small checks is not to be smiled at for it has its place. Even cotton crepe and crash are suitable for certain of the pillows.

Of course the material and shape will depend on the color scheme you select for your rooms and the type of house you have—who could imagine a stiff brocaded pillow in a flat Dutch Colonial house, with braided rugs, andirons and a copper kettle? Although too much variety in color is not to be desired, neither should all the pillows be the same color. A soft rose pillow in a nest of dark toned ones gives the particular dash necessary to save the interesting atmosphere of the room.

So collect your pillows, oh many of them, and scatter them here and there about your house, so that by your pillows your home and you are known.



# Who's There and Where

By JEANETTE BEYER



Dear Alumni:—

With the advent of the new year, we're making our resolutions too. We want our "Whose There and Where" page to be the most friendly, interesting and "newsy" page in the whole Homemaker.

Won't you help us with a word of greeting and a tip about your neighbor alumna who is helping the world along in a truly Ames fashion?

Of course we like especially to hear about those Ames women who are making good, "putting big things across," holding important positions, and unique jobs. But everyday folks are interesting too. We want to know about the excitements and adventures of school ma'ams and homemakers as well.

Iowa State College is interested in you and your success. Won't you tell us about yourselves, not only that we may hand the news on to your old friends, but as a boost for your alma mater and an inspiration to undergraduates who are as yet casting about trying to find that work which they especially want to do. Perhaps hearing of the many things you have done will show them the way. Therefore don't leave out any of the interesting details.

Of course there's something for you to gain in this too. Could we have many letters of the type of Lillian Giebelstein's it would not be difficult when calls come for the Home Economics department to suggest names to fill important positions or to secure data for desired recommendations.

May we hear from you soon? In the meantime, we wish you a most happy and worthwhile year.

## HELEN BURLING MAKES GOOD

Making a way for oneself in the world is often done by men, but here is one of a few women who stands as an inspiration to those who would fight unaided for a college education.

On a vacation trip west this summer Miss Myra Whited found her niece, Miss Helen Burling, busily engaged in the work of County Demonstrator in Contra Costa County, California.

Miss Burling arrived in Ames with little money but much courage and a determination to gain an education. Picking up what work she could, Helen cleaned house, washed and ironed, and assisted in laboratory work. Despite her business of breadwinning she was a popular classmate and took an active part in campus organizations, until in her senior year she was elected May Queen, graduating from the Science course in 1911.

Not content with a mere B. S. degree, Miss Burling continued her education by instructing part time in the Bacteriology department and doing research work with Dr. Max Levine, obtained her Master's degree in Bacteriology.

Before going to California Miss Burling was one of the original twenty to do conservation work in the state the first year of the war. Following that she was home demonstrator in Cerro Gordo County for a year and then in Des Moines County for two years.

That she is as successful in this type of work as she was in gaining an education is acclaimed her by Miss Neale S. Knowles, State Leader of Home Demonstration Agents, who says, "Helen Burling was one of the best demonstration agents in the state. She is energetic and enthusiastic, and has the happy faculty of inspiring people to work their hardest for her."

## A POEM BY ELIZABETH CANADY

I. S. C. Alumni will be interested in knowing that among their number is a poet in the person of Elizabeth Canady, managing editor of Peoples Popular Monthly, who writes this poem which appeared in the December issue of her magazine.

### Lanterns in the Dusk

The year comes down to its dusken hour,  
The road gropes into gloom.

The autumn leaves like springtime  
dreams

Have shriveled to their doom.

October's burnished afterglow  
Has paled to its shadow tomb.

Lo, in the last gray twilight hour

Lanterns of love appear.

The torches of Remembrance Day

To light the dimming year,

Even as stars of memoried friends

Kindle when night is near.

Mrs. Helen LeCron, editor of the Des Moines Register book page reprinted Elizabeth's poem and said of it: "We have read it many times and like it—especially the haunting first line. It is one of those lines that we always think must have been born full-grown—they are too beautiful to have been thought out word for word."

## NIRA KLAISE PURCHASES PICTURE FOR CLARINDA

Because of the loyalty of Nira M. Klaise, '22, to her college and high school alma maters, Clarinda high school will be the first to receive a framed copy of the beautiful drawing of Iowa State campus which has recently been completed.

Nira, who is teaching Home Economics at Holdrege, Nebraska, thinks the idea is splendid and knows of no better way to boost both her alma maters than the giving of this picture.

The pictures which are now in the hands of the New York engravers for production in handsome brown photo-

gravures cost \$8 and are 31x19 inches in size when framed. It is said by the artists and engravers that this is one of the most beautiful pieces of this type of work that they have done for several years.

Picture funds for about 50 other high schools were started during fall registration. But thus far Clarinda is the first school to have the picture. Alumni this is your chance to help. Send your contributions for the home high school to Ward M. Jones, Alumni secretary, in Alumni Hall.

## INSTRUCTS IN H'EC. EDUCATION

Mamie Lister, who received her M. A. at the close of the fall quarter from Iowa State College, will instruct in the Home economics vocational education department here.

Miss Marcia Turner will be in charge of this department during the absence of Miss Cora Miller who is teaching Home economics education and studying at the University of Chicago during a year's leave of absence.

## ADVENTURES OF A SCHOOL MA'AM

"I just told a boy to throw his gun out the window," writes Helen Paschal. "I did it by pantomime. I moved my jaws and pointed to the window. He obeyed. This is his second offense. He's a great big ugly boy, much bigger than I and it's rather pathetic the way he obeys me. He wouldn't have to, you know."

Helen, who graduated last year, is teaching Home Economics and freshman English to the wiley young of Garden Grove, Iowa.

## A LETTER FROM LILLIAN GIEBELSTEIN, SAN LEANDRO, CALIF.

We are very happy that Vice-Dean Edna Walls should allow us the privilege of enjoying the following letter from Lillian Giebelstein, '21, who writes from Alameda County Hospital, San Leandro, California.

November 30, 1922.

My Dear Miss Walls:

It will soon be a year since I last reported to the home office. I am still in California, at the same hospital from which I wrote last time. Altho there are many drawbacks here, there is a great deal of satisfaction in working in a hospital that is steadily being improved.

Our service building is entirely completed now. I opened the new diet laboratory about six weeks ago. We have two student nurses here four hours in the morning, who plan and figure all the diets, and prepare them with the help of the maid. Their other four hours are spent in the medical wards, part of their

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# THE IOWA HOMEMAKER

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## KEEP THE OLD RESOLUTIONS

Every year at some time the idea comes over me to lose five pounds and for a day I diligently diet and for two days "touch my palms to the floor"—just long enough to be extremely stiff and extremely hungry without the balm to each that comes if the dieting and the exercise are continued.

"To reduce" is not the only resolve I make and—never keep, nor am I alone. Such resolutions are many and all the unkept resolutions in the world, even for just one year, are many.

My this year's resolution to lose the five pounds came before January first, as did the one to be in bed by ten-thirty on study nights and to read at least one of the books on my waiting list every two weeks.

The idea of making resolutions on New Year's day is rather old-fashioned, but on January first, early in the morning, I solemnly promised myself to keep those three premature resolutions, and I shall.

Resolve to keep the resolutions you've made throughout last year, be they many or few, and if you made none promise yourself to stand by yourself in what you resolve to do during this coming year.

## ROOSTING "IN BEWEEN."

"Why don't you ask Mrs. S—to serve on your committee? She is surely dependable enough," said the advisor to a live wire woman's club president.

"Dependable enough, yes, and capable, intelligent. More so than the majority of us, but she is so distractingly in-between. If she would only swear or cry once, or express an opinion of her own, her rise in club work would be meteoric."

This conversation, overheard on a city street car, bobs up in my mind each time I have been politely assured that I appear dull. It serves as a tonic to me. How does it affect you?

Are you passing up chances to meteorically advance yourself in your community, be it in politics, clubs, civic improvement or social service? Could you be of some valuable service to your community if you would forget your little shell of reserve and piety, and come out like the true, free thinking and speaking American that every woman has the privilege to be?

When it is a criminal offense against the laws of a

country for an adult to let a human die if he is in a position to save that life, is it not a criminal offense against the laws of God to be inactive when there is an opportunity to improve the lives that are here?

This "in between" is a nice little resting spot for a tired mind, but like all such resorts, soon breeds laziness and an inward-creeping death of soul.

Fence sitting may be a diplomatic roost while the crops are being planned, but if you don't come down in time to plant them you need not expect a share in the honors.

## WHAT WILL HAPPEN NEXT?

Do you like surprises, or would you rather know in advance what will happen, so you can prepare to take advantage of it? Of course, Christmas presents and proposals must be surprises, and sudden ones, but isn't it fun to peek into the future and know what is coming to you? Then let's peek into the coming editions of the Homemaker and see what is in store.

Starting with the February issue, we will give you a series of stories on interior decoration. Not the kind that tell you how to hang curtains and Rembrandt prints, but real homey ones, that will help you live up the darkest nooks and most uninteresting rooms in your home. As a forerunner to this, we are having this time the story of the origin of mirrors, which will be followed with a story on how to use them. Then will come pillows, scarfs and combinations of ideas that will give "that touch" you've been wanting in your living room all this time.

If opportunity's forelock has already passed you up, take hold of its tail and keep in step with your earlier fortunate neighbor.

## IF YOU DON'T LIKE THE "MOVIE" PROGRAMS, CHANGE THEM.

"What's on at the Princess tonite?"

"I don't know, but I'm sure it is nothing that we would care to see. I don't see why they won't show something decent once in a while."

There are two good reasons why the manager fails to please you in his choice of pictures. It is easy enough to decide that you don't like a certain show, but it takes much more mental exercise to study the situation, find the cause of the trouble, and choose the program of shows that you want to come to your community.

In that, lies the second reason why you are not satisfied. Your manager has no way of knowing what you want. That you do not like his choice may be evident to him, but when your criticisms are not constructive it places him more at sea than if he did not know of your dissatisfaction.

The success of any theatre depends upon its patronage, and your opinion is as influential as that of any other person. If you truly want better pictures, it is within your power to have them.

But how shall you proceed? Just as you would get any civic change. First acquaint yourself with desirable, available films from review of motion picture literature, or, better still, from the motion picture departments of the women's magazines.

When you know what you want the manager will doubtless be glad to try to get them for you. If he is not willing to cooperate with you, public opinion can be brought into service, and its pressure will certainly bring you your desires.





### HEALTHFULNESS OF OLEO-MARGARINE

I have heard it said that oleomargarine is not as healthful as butter. Is this true?

When comparing the best grades of both products, there is little if any difference between butter and oleomargarine on the grounds of digestibility, while a good oleomargarine is much to be preferred to a poor butter from a nutritive standpoint. As to its wholesomeness, a large number of experts were unanimous in expressing their favorable opinions of oleomargarine as a healthful article of food.

### TO CLEAN KID GLOVES WITHOUT WETTING

In cleaning black kid gloves I have found that the dye runs, streaking the gloves. Is there any way to clean them without using a liquid?

Make a mixture of dried Fuller's earth and powdered alum and brush this into the gloves with a stiff brush. Sweep the dust off, sprinkle with dry bran and whiting and dust well. If they are badly soiled take out grease with crumbs of toasted bread and powder of burnt bone, then go over them with a woolen cloth dipped in Fuller's earth.

### CLEANING WHITE VEILS

Is there any way in which veils may be cleaned when they become soiled? I have a white one which I would like to clean if possible.

Put the veil in a solution of white soap and allow it to simmer half an hour. Squeeze in warm water and soap until clean. Rinse free of soap, then in clean cold water containing a drop of liquid blue. Then pour boiling water over a teaspoonful of starch and put veil through that. Keep edges straight in drying.

### DIET FOR GASTRAL TROUBLE

What diet do you recommend for disorders of the gastral and intestinal tract?

Beside over-perparation of food, one of the chief causes of this trouble is the eating of unnatural foods, such as chocolate, etc. A good diet for a person suffering from this trouble is one of milk, eggs, grains, fruits, and vegetables which are not over-cooked.

### THICK ICING

What can I do to boiled icing that gets too thick?

When boiled icing gets too thick add 1 t. thick cream. This will make the icing of the right thickness to spread on the cake.

### MEANING OF THE TERM "VELOUTE SAUCE"

What is the meaning of the term "veloute sauce"?

Veloute sauce is a white sauce in which veal stock is substituted for milk. In the Homemaker for August and September, 1922 is a list of such terms under the heading "Card File Your Foreign Terms."

### COD LIVER OIL

Of what use is cod liver oil in the diet?

Cod liver oil contains the unknown vitamin which aids in the body utilization of calcium and phosphorous.

### HEIGHT AT WHICH TO HANG PICTURES

What is the proper height from the floor at which to hang pictures?

Pictures should be hung at or very close to the line of sight which is about five and a half feet from the floor. The picture should always be hung with two cords, one at each end instead of one which forms an inverted V.

### KITCHEN SEASONINGS

Is Kitchen Bouquet a seasoning and of what is it made? What is Poultry Seasoning?

Kitchen Bouquet is a mixture of kitchen seasonings, bay leaf, clove, marjoram, thyme and allspice. It is used to make meats, soups and dressings more tasty. Poultry seasoning is powdered sage, bay leaf and thyme and is used in dressing.

### NEW DRAPERY MATERIAL

Could you tell me anything about monks cloth?

Monk's cloth is a new basket weave material very much in vogue for interior decoration used especially for living room covers and hangings. The neutral color of the fabric and the small squares made by the weave are ideal for wool embroidery in oriental designs.

### HOW MILDEW IS REMOVED

What is mildew and how may it be removed?

Mildew is a fungus growth which forms quite readily on clothes exposed to dampness. If the stain is not bad or the fabric delicate lemon juice and salt will remove it, but if the stain is a bad one soak the article about three hours in one ounce of chloride of lime dissolved in a pint of boiling water, to which has been added three pints of cold water. Be sure to rinse very thoroughly—the fabric is injured if not well washed out—and launder again.

### SANDWICH FILLINGS

Will you please suggest some sandwich fillings to be used in sandwiches served with tea?

Chopped nuts mixed with mayonnaise, olive relish, olive and nuts chopped with mayonnaise, dates or raisins and nuts chopped with mayonnaise, pimento cheese, orange marmalade or even plain lettuce with mayonnaise, all make delicious fillings for sandwiches to be served with tea.

### MAKING TAFFETA CRISP

Is there anything one may do to renew the crispness of taffeta?

Taffeta may be made crisp by sponging with alcohol.

### A GOOD NICKEL POLISH

Will you please tell me how to make a good nickel polish?

Whiting plus ammonia makes a good nickel polish. Moisten the whiting with the ammonia just enough to make a paste and apply with a soft cloth.

### DANGERS OF BEING OVER-WEIGHT

Does being over-weight endanger one's health?

For every pound a person weighs over his normal weight he is increasing his chances of death one percent. This is especially true between the ages of 40 and 50.

### WHEN MAYONNAISE SEPARATES

What can be done when mayonnaise dressing separates?

The emulsion has been broken. Take a fresh egg white or yolk, beat it up, and slowly add the separated mayonnaise, still beating until the emulsion forms. Then add the rest more rapidly.

### PREVENTION OF SOGGY CRUST

What can I do to prevent the crust of custard pie becoming soggy?

If the milk is heated to the boiling point before it is mixed with the eggs the crust will be crisp.

### WHY WHITE CAKE RECIPES CALL FOR MORE BUTTER

I have noticed that white cake recipes usually call for more butter than a dark cake one. Why is this true?

The proportion of fat for white cake is increased due to the toughening effect of the egg whites.

### CLEANING VASES

How can you clean the inside of flower vases?

Use a mixture of salt and warm water.



# From the Trite to the Novel in Handkerchiefs

By HARRIETT SCHLEITER

EVER since the days of princesses and knights, handkerchiefs have been romantic little bits. Fair ladies threw them to black plumed warriors on dashing steeds. If they hadn't what ever would the poor dear warriors have pressed to their lips when they lay dying on the field of battle? Of course gloves might answer the purpose, but they are such expensive things to drop about on all occasions, and handkerchiefs do just as well. Besides they don't make such a bulge in the left breast pocket, when picked up and cherished by modern plumeless lovers.

Even if you don't use them for such purposes, you always feel more swaggerish if you have just the right kind and color of handkerchief tucked in your pocket, or your sleeve, or down your neck.

Now what I started out to say was simply, only, merely that perhaps your rather depleted supply of handkerchiefs wasn't replenished at Christmas as you had expected it to be. Even though I

remember an aunt who invariably sent each one of us a box containing a half dozen plain white ones, every twenty-fifth of December, she doesn't do it anymore, and if I always did suspect that she bought a car load and just wrapped up a box of them when the holidays loomed up and mailed them to all relatives and friends, I'm really almost sorry. It may be best though for I'd probably get so tired of plain white ones, when now-a-days there can be such a delightful variety. Not only linen but gingham, pongee, voile, crepe de chine, and all colors of the rainbow and colors the rainbow never thought of possessing.

You know you can buy handkerchief linen cut in squares just the right size, and make the cute kind with drawn threads and little embroidered flowers or appliqued designs in one corner. Pongee can be fixed in these same ways. And by the way it's not only ladies fair who dote on the pongee kind. Try them on His Highness, and when you see a

corner of one sticking proudly out of his pocket, and see him throw his chest out a little more when people notice it, you will then be rewarded for all the times the thread broke when you were drawing it. Men, after all, are just as vain about such little things as are we women.

For dress up in light clothes for parties there is nothing daintier than a crepe-de-chine handkerchief with a ruffle of lace around the edge. They are such tiny things that the scraps left from an orchid or pale blue teddy can be turned into such a cunning handkerchief you're glad it's after Christmas and you don't have to give it away.

Voile ones look lovely with lace edges, too. They are even more adorable made of white, with little squares of color hemstitched on, or a wide border of another color joined with hemstitching.

And now—when the Christmas rush is over, make yourself a present of some lovely new handkerchiefs for the new year.

## Are You A Book Lover?

NOW that the long winter evenings are here, it's time to climb into the big arm chair and examine one's book shelf. What one finds there is probably a matter of personal tastes and inclinations. But whether they be books or poetry, travel, science, romance, or thought, let's read them.

Coming home from a full day, what could be better than settling oneself comfortably and renewing acquaintance with Lorna Doone and John Ridd, big fellow, or Amelia Sedley and her friend, Becky Sharp; or sympathetically plotting with Nora in her "Doll's House"; or finding oneself in the heat and the magnitude of "The Garden of Allah"; or galloping by the brush pile with "The Brushwood Boy"; or rescuing fair maidens in distress with Don Quixote.

"If one be modern should one not gaze a moment into the mirror Sinclair Lewis creates and 'see ourselves as others see us;' love Mark Sabre in A. S. M. Hutchinson's "If Winter Comes;" admire Peter Wescott in "Fortitude," by Hugh Walpole. All of which, in fact, means just losing oneself in delightful adventures, with delightful people, in a world of enjoyment.

And then there are the books of poetry, so many and so varied that one can scarcely list them without omitting too many favorites. "Poetry," says Max Eastman, "is a countryman and greets every experience by its own name. It is a gesture toward the world. The novice must learn now lovely it is to be indirect, and when you set out to go somewhere, instead of going there, to back up and turn around and go somewhere else." Therefore, would you have the keys to the enjoyment of poetry, be indirect and browse about according to your interest and mood.

For ruggedness and life there is Rob-

ert Browning and if your soul is weary and needs food give it some of Edward Rowland Sill. There is Wordsworth for love of nature, Shelley for wind and beauty, and for love songs, Mrs. Browning and Sara Teasdale—they are different, though. If one be filled with the spirit of youth read Rupert Brooke, that vivid young Apollo, and should one be a man one cannot overlook the red-blooded poems of Service and Kipling.

Poetry, in its beauty and fantasy, quickens life,—intensifies it, and in its subtle poignancy touches that inside person of ours whose existence we are scarcely aware of.

Of course, should one return home with deep thoughts and an open mind, an essay is in order. One of Emerson's, perhaps, or Bacon's. An essay that takes lots of time and lots of thought. Great, then, is the enjoyment of rolling out deep, perplexing, thundrous truths with the air of one who knows. Or if one be whimsically inclined why not a little of Christopher Morley or Gilbert K. Chesterton? "Tremendous Trifles" is a leisurely book to start on. For strict enjoyment there is Charles Lamb, Samuel Carruthers, and Robert Louis Stevenson, and for a mental massage try Oliver Wendall Holmes' "The Autocrat of the Breakfast Table." A pastor once said that when ideas would not come in the preparation of his Sunday morning sermons it was the Autocrat to which he turned for a mind-rouser.

So do not overlook your books of essays; there's a satisfaction in them. Neither forget books of travel: John Muir; books of science: Maeterlinck's Life History of the Bee; outlines of science by John Arthur Thomson and Slosson's Creative Chemistry; books of history: Well's "Outlines of History" and "History of Mankind" by Van Loon.

Books, like those pink pills your moth-

er used to give you, cure all ills. Whatever your mood of the moment may be there is a book to fit it. All that you need is an R. Mifflin, proprietor of "The Haunted Bookshop," that C. Morley created to prescribe for you.

Obviously there has been room here for only a few suggestions. If my favorites aren't on your book shelf read what YOU have. One's own personal tastes should be the criteria for the selection of reading matter. But READ,—taste, taste, taste, and soon you can gather your own loves about you.

We can't all climb the Swiss Alps, sail on stormy seas, or languish under southern palms in tropical moon light. But in our own lives, commonplace and prosaic as they seem, books can bring to us the romance of foreign lands, can acquaint us with the most interesting of people.

And although without continued study we cannot become trained connoisseurs, clever critics, or specialists along technical lines, nevertheless by reading we may gain a large appreciation and understanding of those things that are good in life.

Nor have we ordinary people an adequate means for self-expression. We cannot dance or sing, our tongues and pens are awkward, and our fingers clumsy. Our souls are buried and stifled crying out for beauty and open spaces. Books meet this need of self-expression. When we find our own thoughts and feelings, longings and strivings so well expressed; when we see beauty shimmering and vivid, we are satisfied.

"Reading maketh a full man." Yes, and what life, what people, and what enjoyment it spreads before one. To value books, to read books, and to love books—that fellow housewife-booklover is to love life itself.

## Providing Worthy Use of Leisure Time for the High School Student

(Continued from page 4)

agencies—maps, surveys, reports, to learn how to use the privilege of a voter.

### Organization of The Clubs

There shall be one main club known as the Better Citizenship Club of which every one will be a member. Other smaller clubs can be formed whenever at least six students feel a need for some particular Club. The clubs will include both boys and girls. A person is not eligible to any club until after his first semester and he must be passing in all his work.

Officers of the clubs will be changed every semester and they must have a scholastic standing of 85 percent and they are elected by ballot. One or two members of the faculty depending on the size of the club will act as advisors.

There shall also be an Advisory Board or Governing Board who will have charge of the government of the school. This Board will be made up of a representative from each class, the president chosen at large, and two Faculty members one of whom will be permanent. The Vice-President of this Board will be chairman of the different divisional clubs. This Board contains a Judiciary Committee who handles all cases of cheating, gambling and the such.

There shall be a system of points whereby a few students will not hold all the honors. No person is allowed to have more than ten points per semester or more than twelve points at any one time. This point system has been worked out with the above aim in mind.

### Divisions of Club

The large club shall be divided into three main divisions: literary, activity, and vocational. Under each of these main divisions will come several separate clubs; the kind and number depending on the high school.

There are hosts of possibilities under each of these divisions. For example under literary we may have an English Club, a citizenship club, and a journalistic club, to include a study of Modern Magazines, and perhaps give instructions in the proper use of the library.

In the English Club will come the opportunity for moral guidance and establishment of high ideals thru the study of good literature, and, in the Citizenship Club, the students will learn how to adjust themselves to the group and to society as a whole. While, in the Journalistic Club, they will learn to know literature and will condemn bad literature. It will also strengthen their choice of ideals and standards.

In the activity group there may be a Dramatic Club, an Athletic Club, an Arts and Crafts Club, and a Music Club. In the Dramatic Club will come opportunities for moral guidance, individuality, and leaderships, and in the Athletic Club we will find opportunities for realizing the health aim in making for cleaner, better athletics, and a realization of the avocational aim or play instinct. While in the Arts and Crafts Club will come expression of the creative and imitative instincts, and in the Music Club, composed of the Boys' and Girls' Glee

Clubs, etc., will come expression of the avocational aim, and thru songs, an aid to moral guidance.

The vocational group will contain the Home Economics Club, the Agricultural Club, the Teacher Training Club and the Commercial Club. The general purpose of this club will be the realization of one of the modern aims of education, the vocational aim. It will help the student in choosing his life work by helping the student who goes directly to work after leaving high school, in giving him practical knowledge that he can use, and by

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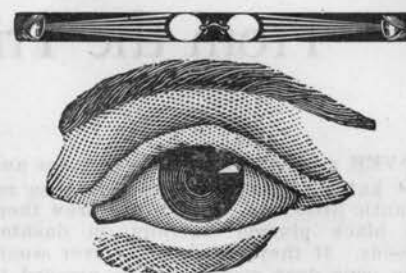
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helping the student who plans to go to college in making him more able to choose the line of work he wishes to major in.

#### Keeping up the Interest

There is nothing more fatal to club life than the "same old thing." Keeping up the interest in a club is one of the leader's big problems. A party is one of the most popular, but not the least important way of creating a new interest. It is a good idea to work on the parties that a club wishes to give in a certain amount of time in a schedule form the same as the business meetings are worked out. Too many parties are not good. Each party should be given for a reason and all details planned differently. A reunion party of the old members could be the first party after vacation, to talk about summer trips and to renew the spirit of the club. If the club is first organized a party should be given anyway. Then there are the parties given for other clubs and for boy friends. A mother's party would be very enjoyable where the girls entertain their mothers at a tea or an inexpensive luncheon. This gives the leader a chance to meet all of the mothers and gain something of the home life of the girls. In fact, all of the parties are helpful and the leader as she learns how the girls conduct themselves with different people is able to solve some of her problems. Parties are beneficial to the girls not only for the fun they get out of them, but for the training they get by planning invitations, refreshments, decorations, entertainment, and by forming committees and leadership in all phases. The parties should be simple but creative.

A contest is always a stimulus and creates interest and eagerness. When taken as a whole club or as individuals, competition brings better results. The girls learn to take defeat with a good will and to give the best that is in them. Rewards may be offered and sometimes it is more interesting not to know what the reward is going to be. However, rewards, should be things which can be kept such as cups, pins, medals, and badges to remind them of what they stand for. If contests are of different natures so that different girls are able to win them, the interest will be greater than if the same ones won them all the time.

Club papers if too many members do not belong to a Journalistic club are interesting and something different. Even if they cannot afford to have the paper published, it is worth while to organize and keep a paper in the club.

Public notices, such as bulletins and posters, are interesting to work on. Bulletin boards should be placed in the school and everyone should become accustomed to using them. It is good training for the girls to write up interesting announcements and make posters. Big headlines, pictures, and poetry may be used to attract attention.

A club should not meet too often. Too much of practically the same causes lack of interest. Our model club will meet three times a month, the whole citizenship club once and the divisions twice, not counting the social functions.

Every meeting must be very carefully planned out beforehand and each meeting should have a useful, inspiring purpose and be conducted in a lively inter-

esting manner. Each meeting must relate in some way to the one before and the one to follow. Much depends upon the leader, but cooperation of all, a warm, friendly feeling toward each other, and cheerful, useful service makes a perfect club.

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## Planning the Home Grounds

(Continued from page 7)

possible, it should be tested by driving over it before construction is started. An area for a car to turn in should be at least 60 feet in diameter, which is too large a space to be given over for this purpose alone on a small place. This problem is better handled by a spur which is planned to conform with the turn made by the car in backing out.

In considering the different areas, the public area is of great importance because it forms the setting of the home as viewed from the street. Do not plant in the parking unless it is the policy of the whole street to do so, and avoid high planting toward the street intersection, for such planting is objectionable to public safety. The great portion of the lawn should have an open center unbroken by planting except for trees and specimen plants, the shrubs being massed about the foundation and border lines.

The private area should be planned to express the individuality of the owner. Admittance to this should be as sacred as to the house itself. Often walls of brick or stone or fences of lattice covered with vines will secure enclosure and their arches and niches will afford attractive features in the garden.

This private portion can be planned as an informal lawn area bordered by trees, shrubs and flowers, or follow a more dignified design where the architectural lines of the house are carried out into the garden and repeated in a formal scheme.

The service portion includes the garage, garage court, vegetable garden, laundry yard and all other out-door working parts. This should be screened both from the street and the living portions of the house and grounds. The service area should be easily reached from the street and should be accessible to the kitchen entrance and to the entrance leading to the basement of the house.

The greatest satisfaction is gained when the planning and at least a part of the work we have done ourselves, for it is only when we help construct do we love the finished product.

"And there is no employment or recreation which affords the mind greater or more permanent satisfaction, than that of cultivating the earth and adorning our own property."

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## Simple Service for Home Meals

(Continued from page 6)

sation. Do not talk politics or religion where there are guests of miscellaneous beliefs.

Toothpicks are never used outside the privacy of one's own room.

The hostess continues eating until all are finished lest some guest be embarrassed at finding herself the last to finish.

The napkin is left in the lap until the hostess places her's on the table just prior to rising. A guest who is staying for consecutive meals should fold her napkin inconspicuously. If invited for but one meal lay the napkin on the table only partly folded or rumpled. Do not leave the table until you have entirely ceased chewing.

Arise from the left side of the chair. Push the chair close to the table so that one may easily pass.

## Who's There and Where

(Continued from page 8)

work there being to care for the special diet patients, and serve their trays. I think this arrangement is as nearly ideal as we could want. Our diet laboratory in the afternoons serves as a cooking laboratory for the cookery and dietetics classes.

I do not have an assistant, but have been relieved of some of the work so I do not feel too pushed at present. I formerly had the responsibility of the kitchen and dining rooms, as well as the diets, marketing, and teaching. After talking it over with several dietitians who seemed to dislike the culinary part as much as I did, I made the recommendation that a steward or institutional manager be employed to take over that part. It happened that our housekeeper was at one time an institutional manager and consented to take charge of our kitchen and dining rooms, so now my work consists in making out the menus, supervising the ward diet kitchens, marketing, and teaching the nurses.

For the past week I have had a student dietitian, a Berkley graduate who had three and a half months training at the University hospital. She wanted to get some practical experience in marketing as well as the comparison between a hospital catering to private patients and a county institution. I am hoping that we will soon be able to offer a regular student dietitian course by spring at most. If we are able to arrange for an affiliation with some private hospital such as Stanford or U. of California, the course should be of more value than one given in a single hospital.

When I came out here I certainly did not dream of all the things that would be expected of the dietitian. The latest "horror" is a request to give the interns instruction in dietetics. I rebelled strenuously until I discovered that the only way to get them to prescribe diets instead of medicine was to teach them the value of dietotherapy. One of them didn't know that diarrhea might be regulated by diet, but ordered medicines only. I only expect to give them a summary of the latest theories in diet for the most important diseases.

Kindly remember me to Miss Murphy, Miss Busse and any other of the staff of "old timers."

Very sincerely,  
(Signed) Lillian Giebelstein.

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## AMES BOOTERY

### TIME REQUIRED FOR COOKING MEAT

A friend of mine—she graduated in Industrial Science rather than Home Economics—was married recently. I was much excited when my first invitation for dinner came, and upon arriving, followed her expectantly to the kitchen "so we can talk every minute." It was as blue and white as any home economics kitchen.

"I'm getting along beautifully, Jane," she told me, "but do you know I haven't the faintest idea how long to cook things, particularly meats. It's really most as intriguing as the fourth dimension whether the food will be cooked just right, not enough or too much."

Personally I don't know much about the fourth dimension but I certainly do not think its very interesting to puzzle about whether food is going to be cooked sufficiently or not.

"Helen," I said, "I've some tables in my sophomore recipe file that are just what you need and I'll send them tomorrow."

Next day, I sent her the following:

#### Time Table For Cooking Meats

##### Boiling

Leg of mutton—2-3 hours  
Ham (12-14 lbs.)—4-5 hours  
Turkey 9 lbs.—2-3 hours  
Chicken 3 lbs.—1-1½ hours

##### Broiling

Steak (1 inch thick)—12 minutes  
Steak (1½ inch thick)—15-20 minutes  
Fish slices—15-20 minutes  
Lamb chops—7-10 minutes  
Veal chops—15-18 minutes  
Spring chicken—15 minutes

##### Roasting—(after it has been seared)

Rib of beef per lb.—15 minutes plus 15 minutes over  
Leg of Mutton per lb.—10-15 minutes  
Lamb per lb.—15-20 minutes  
Veal per lb.—20 minutes plus 15 minutes over  
Pork per lb.—25-30 minutes  
Chicken per lb.—15 minutes plus 15 minutes over.  
Goose per lb.—18 minutes  
Turkey 8 lbs.—2-3 hours  
Capon 4 lbs.—1 hour.

### SUCCESS

He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who has never lacked appreciation of earth's beauty, or failed to express it; who has looked for the best in others, and has given the best he had; whose life was an inspiration his memory a benediction.

### A PLAN

It's time for resolutions now.  
It's almost New Year's day.  
Of course we never keep them,  
But we make them anyway.  
I've thought of a much wiser plan,  
I'm sure it would be fine.  
If I'd make resolutions  
For acquaintances of mine.  
My path would be a rosy one,  
Without lament or woe,  
If I could do resolving  
For the people that I know.

# AMES PANTORIUM

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## Greetings

Once more we pass another milestone in the history of the world. And once more we stand on the threshold of another year.

What 1923 will bring forth none of us can foretell. But every indication points to the fact that the work of reconstruction will go onward with a determination known only to America.

Our goal can only be reached through co-operation, a unity of purpose and a feeling of brotherly love. To you—our friends—we extend the greetings of the season.

## The Fair